



Talk Story



92-8606 Paradise Circle
P.O. Box 6026
Ocean View, Hawaii 96737

(808) 939-7000
www.stjudeshawaii.org

Volume 5 ~ Edition 2
February 1, 2018

Thou art blessed



Visual art created by Debbie Johnson

St. Jude's Episcopal Church is blessed with an incredible amount of artistic talent. Throughout this issue, you will find reminders of the many art forms among us. Within our membership, we have professionals from the various art worlds, as well as amateurs and budding students. We enjoy fine art, visual arts, performing arts, graphic and digital arts. But there are other art forms such as landscape art, decorative and design arts, culinary arts and literary art. Art is everywhere! From the moment you drive into the church parking lot, your art sensors are alerted.

Some of our church "artists," have never considered their skill or talent to be of an art form. And yet, art is in the eye of the beholder. Art is present in the emotion and experience it evokes. Art is defined by the recipient, not necessarily by the artist.

Art is a form of indirect, but deep communication. It moves the soul. Regardless of the artists' pedigree, art is abundant within our church, and meant to be enjoyed. St. Jude's, thou art-blessed.

Christian art touches hearts

By Debbie Johnson

The Christian church has, from its humble beginnings, embraced the visual arts as a means of communicating the words of Christ and the stories of the Old Testament to its followers. Early Christians were primarily illiterate and the Bible was laboriously hand written, giving followers no access to the written word. Thus churches used the visual arts through mosaics, frescos, paintings, sculpture and

architecture to bring the word of God to the people.

The intention of the arts was not idol worship, but rather communication and inspiration, as it still is today.

Early Christian churches depicted the earth in their exteriors, with plain, unembellished facades, and depicted

See "Christian Art" continued on page 12

Performing arts are abundant at St. Jude's

2



Music is an enormous part of St. Jude's worship service and culture.

We are blessed with joyful voices.



Around the church yard

By Contributing Editor Don Hatch

Computer Lab: In November, we received a grant to create a computer lab at St. Jude's. The lab will serve several purposes. (1) It will provide access to computers, printers, and the internet to the school students. The high school bus drops the students off by our lower parking lot. The students who have computers come to St. Jude's to use our free Wi-Fi to do their homework, but many students don't have the necessary equipment or skills. (2) Provide some basic training about how to operate a PC. This may include basic skills like how to set up a Facebook account, or an Email account. (3) Provide more advanced training on how to use Microsoft Word and Excel.

The access and training aren't limited to school children, it will be available to anyone in our extended family.

The Computer Lab took a large step forward last month.

Gary & Deborah Johnson got back on the Big Island after an extended trip to the Old Country (the lower 48). It was Gary, who first suggested a computer lab at St. Jude's a little over a year ago. Gary told me he had time to help get the Computer Lab building patched up, painted and ready for the computer lab. So, I took him on a tour of the room and told him what I thought needed to be done. Each time I pointed something out to him, Gary would say, "I can do that," or "Deborah and I



Gary Johnson hard at work.

can do that." By the time we finished the tour, he was in charge of that part of the project and I became his helper. Actually, Gary and Deborah did all of the work and I was his helper "in name only."

The next part of this effort

includes installing fans, a monitor, surge protectors, and storage cabinet. The storage cabinet won't arrive until the end of February.

I also have to get a security system installed.

Overall, we are really moving ahead on this project.

Second Shower: When we installed our new water tank we asked the person grading to make a place for the water tank to be cleaned out and level the area where the second shower stall was to go; so, the area for the second shower stall was roughed in.

This is another project that got a big boost over the last month, because when Gary finished working on the computer lab, he moved to the second shower stall.



New shower installed at St. Jude's.

He told me that he and Dave Williams (his neighbor), built frames for the cement slab and the next day they laid the rebar and poured the cement.

In addition to the two of them, on the second day Stan Troller, from **South Point U-Card** told them he could come to the church to

See "Church yard," continued on page 15

Anniversary blessing

On December 31st, during our Sunday morning service, Jerry and Susan Fine renewed their wedding vows. It was their 50th wedding anniversary. Following the blessing, a special anniversary hula was performed.



Susan and Jerry receive a blessing from Pastor John.

Culinary Art and the Art of Hospitality



Cooking is an art form, and St. Jude's culinary arts are famous on the Big Island.



The art of Beverly's hospitality is magical and brings joy to the Women's Bible Study.



Performing artists, disguised as hula dancers, share the artistry of dance to celebrate the Fine's anniversary.

PRECIOUS MOMENTS

By Thom White



We celebrated the start of the New Year 2018 in Houalaloa with granddaughter Britany and Anthony and our great-grandkids, 10 year old, Kaya and 5 year old Karie. They were born here in Hawaii but had been living in Long Island, New York and just recently returned to the Big Island.

Karie was wearing her princess dress and proudly twirling around with her hula hoop, "Look at me Papa." Kaya and friends were outdoors riding their horses Sonny and Bali. Our daughter, Divinity, also was here from Colorado. It had been many years since we were all together. So I was especially feeling blessed.



Kaya, Buddy, Thom and Karie.

I started 2017 with the news that I had bladder cancer and in February had surgery and then followed up with chemo. I finished 2017 cancer free.

I am feeling thankful for a year of blessings: for love of family, generation to generation, for living in this beautiful place, for swimming with dolphins, for beautiful sunsets, for Hula and the Hawaiian culture, for the St. Jude's family, for 73 years of blessings and most of all for my husband Bud and 35 years of loving and sharing and growing.

I pray for 2018
to give more,
to serve more,
to love more and
to know you more, Lord.

With a Grateful Heart I am yours.

Amen

Thom





Performing Arts

Performing artists at St. Jude's add to the culture and ambiance of the church.



Ka'u Food Pantry News

Ka'u Food Pantry, Inc., next distribution is Tuesday, February 27 at St. Jude's Episcopal Church on Paradise Circle-Mauka, from 11:30a-1:00p. We ask all of our participants to respect the grounds where this will be held. Volunteers are always needed and welcomed, beginning at 8:30 a.m. on that Tuesday.

We are expanding our services to include [based on availability] free clothing provided by a non-profit, Big Island Giving Tree, pet food provided by the Hawai'i Humane Society. These items are donated to the Food Pantry, free of charge. We are holding a monthly fund raising event at the Ocean View Swap Meet featuring clothing and baked goods available on 2nd Saturday of most months.

The Ka'u Food Pantry, Inc., is staffed entirely by volunteers and is a non-profit agency whose mission is to feed the hungry of Ocean View. We are currently feeding up to 120 families. Our program is designed to provide 1-3 days worth of nutritious food to help people who run short of money, benefits and/or food by the month's end. As a non-profit, the



Last Tuesday of each Month
St. Jude's Episcopal Church

Pantry is able to purchase food from the Hawaii Food Basket at 18¢ per pound. One dollar can buy a half of a case of food to help your community.

Donations of non-perishable food items and funding are welcomed. You may donate funds via St. Jude's-just write Food Pantry in the memo area of your check. Checks maybe written directly to the Food Pantry as well. Make the checks payable to the Ka'u Food Pantry, Inc., P.O. Box 6184, Ocean View, HI 96737. Your monetary and food donations may be deductible pursuant to I.R.S. Code §501 (c) (3). Mahalo nui loa for all your support.

EMERGENCY PREPAREDNESS

ARE YOU READY?

By Karen Pucci

Are you ready in the event of a disaster-hurricane, earthquake, tsunami, an inability to ship food and supplies to this island? Do you have enough food, water, medicine for you and your loved ones to last more than a week? Do you have any idea how much food and water you need per person? Do you have meeting places in case you are at one side of the island and your family is at another? **CAN YOU SURVIVE?**

We are taking a serious look at what St. Jude's needs to do as a community within our community in the event of a major disaster. We are taking the long view, based on FEMA and local responses, to everything from the Dengue Fever outbreak to a series of hurricane events that has flattened Puerto Rico and the US territories of the Virgin Islands. In the coming weeks, the Emergency Preparedness Committee will be sharing ideas and asking for your help to help us to be ready to meet these challenges head on.

As Rachel Maddow says: **Watch This Space.**

Ham Radio Operator Classes

By Greg Guithues

Have you ever thought of becoming a Ham Radio Operator? For many people, probably most hams, Ham Radio is a hobby. Buying new radios, modifying antenna configurations and using your rig to talk with others locally and across the globe can be very satisfying. But ham radio can also be a critical piece of survival in an emergency. Ham radio is completely independent of cell towers, land lines, internet connections, etc. It could be the only communications means left in an actual disaster.

On Sunday, January 14, I asked if anyone was interested in becoming licensed amateur radio operators (Hams). Nine people have shown interest so far.

The amateur radio FCC Technician Class Operator license requires passing a 35 question exam. Hand held VHF/UHF amateur radios are

available for about \$30 and can be used to communicate with other hams in the area and

beyond. This might be especially useful during a disaster.



If you'd like to be on the list to be kept in the loop regarding ham radio licensing, please send your name and phone and/or email to Greg Guithues

at greg.guithues@gmail.com or [808-445-0300](tel:808-445-0300) (cell). We'll likely be scheduling some mentoring in the next few weeks or months.

For more information you might start here: <http://www.arrl.org/getting-your-technician-license>

February dates to remember

- 3** **Lemonade Party**
- 4** **Bishop's Committee Meeting**
- 14** **Ash Wednesday Service 3 pm**
- 16** **Mardi Gras Dinner 6 pm**
- 27** **Ka'u Food Pantry Distribution**

ISLAND FOOD REVIEWS BY K & A

*Groovin' with the Grazing Girls***Hilo Bay Café**

By Karen Pucci

Hilo Bay Café: Aloha y'all. We are back and hopefully back on track. We ate our way through SoCal and the SF Bay Area. Still did not get any Chinese. Blast! We are back in the pool trying to take off the additional baggage we brought home.

The Café. We have been trying to get to this place for about 2 years. We don't do Hilo much so it is a challenge. We had early morning business in town during the week and this time, we were able to get to our long deferred site. Hilo Bay Café is at the top of the loop below Hiway 19 on Lihiwai by Suisan. It is on the 2nd floor and there is a good sized sign there. There are stairs to go up-low risers but there are a lot of them. There is also an elevator on the bay side of the building if stairs are an issue.

We were told this was a very successful sushi place in its prior incarnation. The sushi chef remained on with this newer restaurant. The restaurant is very pristine, modern looking with Japanese blond wood, a full bar with cozy booths as well as bar stools, a sushi bar if you wish to indulge there and plenty of seating inside and out. We chose to eat outside. It was a gloomy day with light rain but the overhang protected us. The outside seating is close to the bay and offers a wonderful view of the area and the wild life. We had some seals playing around nearby. Bottom line: a nice place.

We started off with a complimentary popcorn bowl with about a cup's worth of popcorn in it. But this is no ordinary popcorn. It did not taste like anything we had experienced before. So we asked. Coconut oil, toasted coconut flakes, some red chili flakes and sea salt are mixed in the food processor and then tossed into the popcorn and the taste is a real treat.

We both ordered the same entree which constricts this review; we really should have been more adventurous. The menu is very interesting and eclectic. Sushi items, a French onion soup and soup du jour, burgers, catch of the day and then some interesting things like a mushroom pot pie and street tacos. We started off with a beef carpaccio (\$14.00) which was wonderfully prepared. It's not much for more than two people though. We both had the "surf and turf" (\$26.00) for lunch. It was a grilled teriyaki beef, poke, crab rice bowl. Each bowl was more than enough for either one of us. The beef was grilled to medium rare and if you need it more done, you have to say so. It was not presented as an option. None the less, we liked it all. Fresh, fresh ahi poke, a delicious "fake crab" and real crab ground up mixture. The rice was a nice sticky long grained rice too. Anna ordered a "whisked away" made with Knob Creek (\$9.75) and it was a very generous drink. She was quite pleased with her drink. For dessert, we ordered the "dipping doughnuts" which was 6 pieces of warm doughnut dough on a stick with 3 dipping sauces. Oh, da bomb! Da bomb! Light, tasty, none of the sauces were overly sticky sweet. We will be returning and soon. Many items on the menu made us think twice about what we wanted. They have their menus marked as to how things can be prepped for vegetarians and vegans.

Girls say Go Graze!

HILO BAY CAFÉ: [123 Lihiwai St, Hilo](#). Hours: Mon-Sat 11:00 a.m.-9:30 pm. LUNCH 11:00a-2:00 p. DINNER 5p-9:30p. CLOSED SUNDAYS. 808 935-4939. Recommend resies for dinner bar bites are available during non meal times. That menu is impressive. Parking is ez even if their small lot is full.



Friday Feb. 16th 2018

**Doors open at 5:30 pm and
dinner served from ~6:00 until 8:00**

**Dinner including Jambalaya, Red Beans and Rice,
Cornbread, Drink, and Dessert**

Tickets are available at the door for \$8 per person, \$15 for two, and Family \$20

The best way to pre-purchase your tickets is to come to our Sunday services which start at 9:30 am each Sunday, join us for an Aloha potluck social after the services, and buy your tickets while you are there.

You can also pre-purchase tickets from Thom White, Beverly Nelson, or Cordelia Burt.
The event contact number is 808-939-7555 (leave a message)

The party takes place at ➡
The southeast Corner of Keaka Pkwy
and Paradise Circle

St. Jude's Episcopal Church
92-8606 Paradise Circle
Ocean View, HI 96737



FEELIN' GROOVY

BY BUFFY HITES

God sent me a brother. In Mark I see Jesus' light shining brightly. He is kind, yet a strong, loving and caring individual and I respect him very much. His intuition is remarkable. I say this because on one particular Sunday I was feeling very defeated. I knew I was about to break into tears. Next thing I know, Mark is at my side.

The sight of his concerned look was followed by a big hug, and my gush of tears, and, of course, my crazy rantings about what I was experiencing at that time. Somehow his hug made me feel so much better. It was during our hug that Linda stepped up and joined in a group hug. I felt so much lighter.

I believe God puts people in our lives for a reason. Although not every person who comes along is meant to teach us positive lessons. In the case of "Mark Saves the Day," this guy was indeed hand picked by God for me. I guess I didn't even realize what was missing until Mark came along. I'd always found him easy going and content with his life. He's so in love with Linda its impossible to miss. How groovy a thing love is to witness through the two of them. They are so right for one another and a blast to hang out with. A beautiful partnership is theirs.

Anyway let's expand on that one particular Sunday and I'll explain what I mean. When Linda stepped into our hug she said a beautiful prayer that covered me like a warm fuzzy blanket and warmed my heart. In the weeks and months since that day, Mark has become a prevalent figure in "The Adventures of the Hip-est Hippie Chick in Ocean View." I'm not sure where this journey of mine will lead or how

smooth the path will be. I do however, know if I get discouraged and am feeling "out of sorts" that I have my brother Mark who'll listen and let me complain. It's nice to have that brother that I had had dreams about who can tell at just a glance whether I'm up or down. It's nice that he can stand me when I'm crazily ranting. There's a calming feeling in his presence that simply brings me a peaceful easy feeling. How groovy for me!



God is good. It's been a rough week for me but thankfully God put folks like Linda and Mark and definitely Shannon in my life to keep me from becoming my own worst enemy. Amen and thank you Jesus!

Mark is such "a peach of a guy" he even has the ability to hang with us three sarcastic-yet loving-although verging on insane chicks in which his wife Linda is our third. We really do have a lot of fun. Poor Mark, the only guy, gets picked on at times. Alright! I admit we pick on him a lot & fortunately for us he doesn't get his feathers all ruffled up either. He has a great belly laugh, and he is pretty impressive with the "Did you really say that?" look as he rolls his eyes.

What I've learned in spending time with these two is that when Linda tells a story about "Mark", is that it's gonna put him in a

See "Groovy" continued on page 16

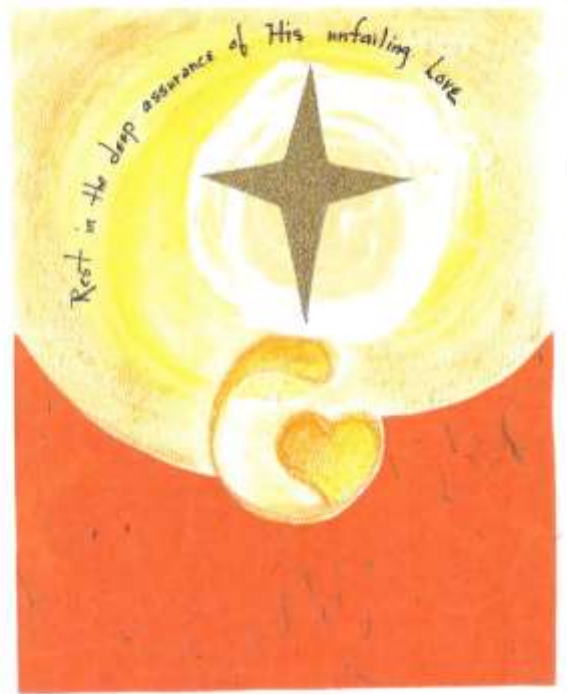
Christian Art

Continued from page 1

heaven in their interiors, glorifying heaven through light and color. During the Renaissance, churches communicated the stories of the Bible on both the interior and exterior of cathedrals as they reached higher and higher into the sky and became more and more elaborate: relief sculptures covered every exterior surface and every interior surface was covered with gold and jewels.

Today artists continue to be inspired by God's word. The contemplation of a Bible verse, a word of Christ, a thought from a fellow Christian, allows the Holy Spirit to intervene into one's creative process bringing forth a visual that surprises the artist himself. One realizes at that point that each line, each shape, each color choice was not the artist's, for "I wouldn't have thought of that," but the intervention of the Holy Spirit.

Christian art today continues to help us focus our minds and our hearts on Christ, to bring us closer to Him and His unfailing, holy Spirit.



Visual art by Debbie Johnson

February Birthdays

- 8 Marj Berry
- 8 Gary Johnson
- 11 Lynne Reynolds
- 13 Richard Burt
- 18 Carrie Branco
- 19 Tom VanDeWater

February Anniversaries

NONE





A way to lose weight

TO YOUR GOOD HEALTH

By Ray Hatch, Plant Based Diet Advocate

Editor's note: *This column is focused on the principles of following a plant-based diet. It is written from the opinion of Ray Hatch, a plant-based diet advocate, and not from St. Jude's Episcopal church. As with any health-related life style change, St. Jude's and Ray Hatch strongly encourage everyone to speak with your health care professional before beginning anything new that is health related.*

By Ray Hatch

Have you ever wanted to lose weight? I think that we all have. And it can be easy. Just stop eating. After a few days you will start losing weight. It will work. And after a day or so, you will not even feel hungry. This is because after a day or so, your body enters into what is known as ketosis and you lose your sense of hunger.

Stopping eating is called fasting and up to a hundred years ago, it was common in the United States. It is still common in many undeveloped countries. If you choose to do this, be sure to do it under medical supervision.

Most of us are not willing to do this so we need a way that works but without stopping eating. To lose weight we have to eat fewer calories than we burn. If you average this negative calorie balance, you will lose weight. It is that simple for most of us.

But how do you take in fewer calories without

starving yourself? One way is to look at what you eat and eat foods that have fewer calories per serving.

You need to have a chart that shows you the relative amounts of calories in different foods and eat primarily those that have the lower calorie density. Here is an example of a calorie density scale.

The Calorie Density Scale

Foods	Calorie per Pound
Vegetables	60 - 195
Fruit	140 – 420
Potatoes, Pasta, Rice, Barley, yams, corn, hot cereals	320 – 630
Beans, Peas, Lentils	310 – 780
Meats	390 - 1152
Breads, Bagels, Fat-free muffins, Dried fruit	920-1360
Sugars	1200-1800
Dry Cereals, Baked Chips, Fat-free Crackers, Pretzels, Popcorn	1480-1760
Nuts/seeds	2400-3200
Fat and oils	4000

See "Weight loss" continued on page 14

Weight loss

Continued from page 13

To lose weight, keep your average calorie density under 600 cal/lb.

What does this mean?

For weight loss -

Eat Freely:

(Foods Low In Calorie Density)

Fruits and veggies

Eat Relatively Large Portions Without Concern:

(Foods Moderate In Calorie Density)

Potatoes, Pasta, Rice, Barley, yams, Corn, Hot Cereals (oatmeal and such), Beans, Peas, Lentils (cooked)

Limit These Foods

(Foods High In Calorie Density)

Breads, Bagels, Dry Cereals, Crackers, Tortilla's, Dried Fruit

Limit These Foods:

(Meats)

Limit your meat to the low calorie cuts with no processed meats. Low Fat cuts of Chicken, low fat fish and lean beef.

Limit These Foods:

(Dairy products including cheese)

Limit your dairy products to no-fat versions only of any dairy products you eat.

Extremely Limit These Foods:

(Foods Very High In Calorie Density)

Nuts, Seeds, Oils, Solid Fats, Junk Foods

Here are some additional guidelines.

Hunger & Satiety

Whenever hungry, eat until you are comfortably full. Don't starve and **don't stuff yourself.**

- **Sequence Your Meals.**

Start all meals with a salad, soup and/or fruit.

However, watch for hidden calories. Many salad dressings contain oils. Avoid these like the plague.

- **Don't Drink Your Calories**

Avoid liquid calories. Eat/chew your calories, don't drink or liquefy them. Liquids have little if any satiety so they do not fill you up as much as solid foods of equal calories.

- **Dilution is the Solution: Dilute Out High Calorie Dense Foods/Meals**

Dilute the calorie density of your meals by filling 1/2 your plate (by visual volume) with intact whole grains, starchy vegetables and/or legumes and the other half with vegetables and/or fruit.

- **Be Aware of the Impact of Vegetables vs Fat/Oil**

Vegetables are the lowest in calorie density while fat and oil are the highest. Therefore, adding vegetables to any dish will always lower the overall calorie density of a meal while adding fat and oil will always raise the overall calorie density of a meal

- **Limit High Calorie Dense Foods**

Limit (or avoid) foods that are higher in calorie density (dried fruit, high fat plant foods, processed whole grains, etc.). If you use them, incorporate them into meals that are made up of low calorie dense foods and think of them as a condiment to the meal. For example, add a few slices of avocado added to a large salad, or a few walnuts or raisins added in a bowl of oatmeal and fruit.

For more information, visit http://www.jeffnovick.com/RD/Articles/En-tries/2012/5/20_A_Common_Sense_Approach_To_Sound_Nutrition.html.

This article is based on information on this [website](#).

Visit and join Taft Healthy Eaters on Facebook. Any questions contact ray_h1941@yahoo.com

Church Yard

Continued from page 3

help cut and lay the rebar, which he did, then he contributed the cost of the rebar, the cement, the sand, and his time to St. Jude's shower project. Thank you, Stan.

Gary told me that on Tuesday, Jan. 23rd he plans on framing and finishing the shower stall and all that will be needed to get it operational is the plumbing.

So, as this newsletter goes to print, the shower is almost ready for its first guest.

Spaghetti Dinner: This was a big success with over 70 people attending the event.

As usual we had lots of food left over; so, the next day the leftovers went to serving our Saturday shower family. On this day we served over 100 lunches and 32 people used our shower facilities.

Mardi Gras: Our next fundraiser is our annual Mardi Gras dinner on Friday Feb. 16th.

Doors open at 5:30 pm and we will start serving dinner at 6:00 pm. Dinner including Jambalaya, shrimp (served on the side), Red Beans and Rice, Cornbread, Drink, and Dessert.

Prices are \$8 for a single, \$15 for two, and \$20 for a family.

Lower Parking lot: For most of the last year we have been trying to get the lower parking lot repaired with no success. Then, a couple weeks ago I received a call from Bill DeVaney letting me know that he could work some smaller jobs into his schedule.

Our biggest problems in the parking lot are potholes in the driveway and in the parking area. We had decided to install a concrete driveway entry and then cover the parking area with gravel. After Bill looked the area over he said the driveway is good, except for the potholes and he thought he could do the job for less without cementing the entire driveway.

His proposal was that he cut out around the potholes, clean the area out, and then fill it

with cement. In addition to being much cheaper, this approach would have less impact on the activities at St. Jude's. Cementing the entire driveway would shut down the use of the lower parking lot for several days, while this approach would shut the driveway down for several hours, each time he does a repair.

Bill said he could create cost estimates for repairing several sizes of potholes, then the work could be done as several small jobs. We said we liked his idea and for him to start working on his estimates.

A little history on our potholes is that around five years ago, we had a similar pothole problem in the lower driveway and while working on another project at St. Jude's, Bill bought a load of Tar Sand and repaired the potholes. Bill contributed the cost of the tar sand and his time. The tar sand repair lasted over four years; so, a cement patch should last even longer.

Floral design art



Floral designer, Faye Miller puts her artistic, finishing touch on an arrangement for Sunday morning.

In our prayers...

We offer prayers of thanksgiving for the answered prayers we have received at St. Jude's. This month we pray for:

Healing: Glenn, Keith, Carrie, Faye, Max, JYM, Marvelle, Kathy, Larry, Stella, Nancy, Mike, Lee, Jim, Clifton, Sam, Carrie, Richard, Brian, Bill, Ray, Cynnie, Austin, Thom, Doug, Greg, Norma, Donna, Ted, Austin, Norma, Donna, Ted, Darlene, Richard, Amy, Deanna, Arthur, Ruth, Big Peg, Cordelia, Kepi, Mark, Ed, Fr. Coil, Pastor Constance, Stella, Max, Travis.

Strength and comfort for all caregivers, mourners, those recovering from natural disasters, and those who face other daunting life challenges;

Healing and restoration of broken hearts, families and relationships;

Safety for all who are traveling;

Safety, wisdom and courage for all those in protective service (law enforcement, firefighters, emergency responders, military personnel);

Blessings and encouragement for the leaders of St. Jude's and for the many volunteers who keep our church programs operating.

Groovy continued from page 11

"good light". However if our Linda Lou begins to tell a story that begins, "My husband", it's gonna include something ridiculous about him. Most likely I will be laughing like crazy as Linda's husband hangs his shaking head.

Seriously, Linda's husband lost a Jeep. Not the keys! Ask him please! Mark is such a happy guy despite the ridiculous incidents or accidents that he seems prone to have. It's hilarious for me to listen to "My husband" stories and regardless of whatever the story is about I make it a point to pick at him about it.

Although at times Mark has called me "mean," he knows that it's just his "annoying" little sister, in me doing what I'm good at. I also love to see him laugh that belly laugh that I'm getting to know well. I do this because it's good medicine

to laugh and I think, as his sister, this brings him joy. He loves that I make him laugh too. Mark and I are both able to laugh at ourselves and that keeps us "real."

You know what's really cool? Mark picked me when I picked him.

This is so unlike blood relatives who are stuck with each other. He picked me and that is a wonderful feeling. God is awesome.

Aloha

Buffy



Mark and Linda



FROM THE BISHOP

The Right Reverend Robert L. Fitzpatrick

I call on the people of the Diocese to offer two prayers from the Book of Common Prayer with special intention:

3. For the Human Family:

O God, you made us in your own image and redeemed us through Jesus your Son: Look with compassion on the whole human family; take away the arrogance and hatred which infect our hearts; break down the walls that separate us; unite us in bonds of love; and work through our struggle and confusion to accomplish your purposes on earth; that, in your good time, all nations and races may serve you in harmony around your heavenly throne; through Jesus Christ our Lord. Amen.

19. For the President of the United States and all in Civil Authority:

O Lord our Governor, whose glory is in all the world: We commend this nation to your merciful care, that, being guided by your Providence, we may dwell secure in your peace. Grant to the President of the United States and to all in authority, wisdom and strength to know and to do your will. Fill them with the love of truth and righteousness, and make them ever mindful of their calling to serve this people in your fear; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, world without end. Amen.

Digital Art at St. Jude's

Ever wonder why your bulletin is so well organized?

Richard Burt uses his graphic arts talents to design and print the bulletins for all of St. Jude's services.

Thank you, Richard!





Flavor of the Month



Serving
February 26
through March 25
Father Bill Livingston

Coming to us at the end of February, Father Bill and his wife, The Rev. Deacon Diane will serve St. Jude's through March 25th. They live in Brevard, NC, where they serve as adjunct clergy at St. Philip's Episcopal Church. Father Bill and Deacon Diane have been married for 40 years and are looking forward to their stay in Ocean View.

Father Bill writes, "We are excited to be making our first trip to Hawaii and hiking and exploring its limitless natural wonders and beauty. But equally, or more significantly, look forward to meeting and getting to know you and learning more about St. Jude's."

Father Bill retired in 2011, but maintains an active consulting practice leading Vestry retreats, transition consultation, conflict resolution and completing mutual ministry reviews. As a parish consultant, Father Bill often advises parishes that the Church as we know it will almost certainly look very different in the future: much less dependent on ordained ministers and making the best uses of all its resources.

Father Bill is looking forward to hearing more about the St. Jude's journey to being a parish without paid staff or clergy and with what obviously is strong lay leadership. Deacon Diane is impassioned about ministry in and to the broader community, Diane looks forward to experiencing the passion for outreach that clearly exists at St. Jude's.

Aloha

Welcome Father Bill and Deacon Diane!

Kidney match within the Diocesan office

Bishop Bob writes:

Our Diocesan Treasurer, Mr. Peter Pereira, will, effective immediately, be out of the office for several months.

Please do not contact him. Any e-mails sent to his e-mail address are not being monitored regularly, but they will be checked periodically by Rae Costa. Any communication regarding insurance, investments, property or other diocesan business issue should be referred directly to Rae Costa (rcosta@episcopalhawaii.org or [\(808\) 536-7776, ext. 326](tel:(808)536-7776)). She will then forward as needed.

Why? I share this with Peter's permission. If the final tests this week prove positive (as expected), Peter will be undergoing surgery for a kidney transplant on Monday, January 29. He will be out of the office for four to six months. The kidney donor will be our own Canon Sandy Graham who will be out of the office for at least two weeks and then be unable to travel by plane for two months after that. This amazing turn of events is a blessing for Peter and our Diocesan Ohana.

Cards, notes and gifts of encouragement for Peter and Sandy may be sent here to the office and they will be forwarded to them unopened.

Please keep Peter and Sandy in your prayers.

Strengthen your servant Peter, O God, to do what he has to do and bear what he has to bear; that, accepting your healing gifts through the skill of surgeons and nurses, he may be restored to usefulness in your world with a thankful heart; through Jesus Christ our Lord. Amen.

Heavenly Father, giver of life and health: Comfort your servant Sandy, and give your power of healing to those who minister to his needs as he shares the gift of health, that he may be strengthened in his gift and have confidence in your loving care; through Jesus Christ our Lord. Amen.

Yours faithfully,
+Bob



Rev. Canon Sandy Alexander and his wife, Heather, visited St. Jude's recently. Sandy will be the kidney donor for Peter Pereira.



WHAT'S COOKIN' AT ST. JUDES?

For I was hungry, and you fed me. I was thirsty, and you gave me a drink. I was a stranger, and you invited me into your home. Matthew 25:35

Mushroom, Artichoke Florentine Strata ✓

The first time I tasted this dish it was "Mushroom Florentine Strata" and it was great, but after a couple bites I started wondering how it would taste with marinated artichoke hearts added. The next time I had it, it included artichoke hearts and I liked it even more.

If you don't have artichoke hearts, make the dish without them, and you won't be disappointed.

Ingredients

spinach	1	10 oz	package	Chopped spinach
sauté	1/4	cup	Chopped	Onions
	1/2	tsp.		Garlic powder
	1/4	cup		Butter
eggs	4		Whipped	Eggs
	2-4	Tbsp.		Heavy Cream
mushrooms	1	Lb.	Sliced	Mushrooms
				Salt & pepper to taste
cheese	2 1/2	cups	Grated	Cheddar Cheese or Mexican Blend (divided)
	1/4	cup	Grated	Parmesan Cheese (divided)
artichokes	1/2	cups	sliced	Marinated Artichoke hearts

Spinach: Cook and drain spinach. (Squeeze all of the water out)

Spread the spinach over the bottom of a casserole dish.

Sauté: Sauté onions and garlic in butter and layer over the top of the spinach.

Whip the eggs and cream and pour over the onions. Add one cup of the cheese and some season on top of the eggs.



Mushrooms: Sauté the mushrooms in butter and layer them on top of the cheese.

Add another cup of shredded cheese and seasoning.

Artichokes: Slice each artichoke heart into several pieces and lay around the top in a design.

Top the dish with the last 1/2 cup of cheese.

Bake at 350° F for 30 minutes.

Variations: You can use other types of cheese such as a mixture of Colby & Monterey Jack or for a rich and creamy finish use Brie cheese. A layer of grilled and sliced Chicken breasts on the top of this would make it a complete meal.

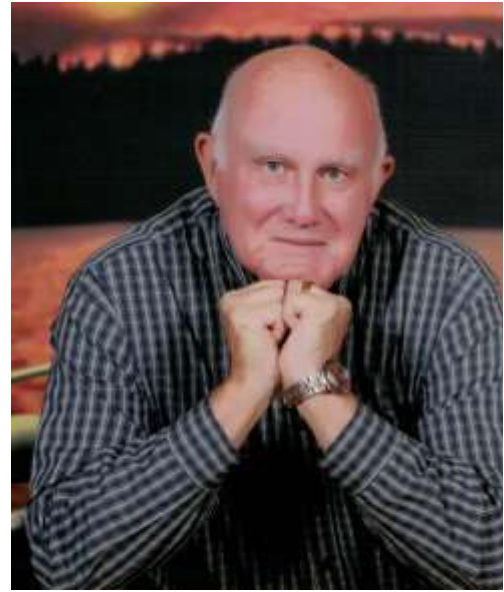
Actually, I like it better with a milder cheese because the cheddar cheese overpowers the mild taste of the mushrooms. The Mexican blend cheese works great.

Literary art

Literary art, or the art of writing has allowed the **Talk Story** editorial staff to grow to 14 writers. Cindy Cutts is editor-in-chief, while Don Hatch is contributing editor.

The newsletter averages over 24 pages each month and Cindy edits about 10,000 words of copy. It takes about three days of editing copy and photos, plus page design and layout to send the newsletter to proof. A team of five proofreads and sends corrections back to Cindy for final editing before publication.

Cindy posts Talk Story on the website and Richard prints copies for those who do not have digital options.



Don Hatch, Contributing Editor



Buffy Hites, Columnist



Karen Pucci and Thom White, both columnists



Cindy Cutts, Editor-in-chief



Phyl Laymon, columnist



Cynn timer Salley, columnist

	8:00 AM	9:00 AM	10:00 AM	11:00 AM	Noon	1:00 PM	2:00 PM	3:00 PM	4:00 PM	5:00 PM	6:00 PM	7:00 PM	8:00 PM	9:00 PM	
Monday		Senior Nutritional Program							Hula Practice		NA		AA		
			Women's Bible Study @ Bev's 10:00 am												
Tuesday		Food Bank <small>(asop & Divide food)</small>		Food Bank <small>Monthly Last Tue.</small>											
Wednesday		Senior Nutritional Program							Brownie Meeting			NA			
Thursday		Hula Practice									Al-Anon		AA		
Friday		Senior Nutritional Program						St. Jude's Events							
		Men's Bible Study @ McKinney Place						Band Practice							
Saturday		Free Hot Shower									AA		NA		
		Free Hot Lunch With Shower													
Sunday		St. Jude's Eucharist Services <small>& Aloha Poluck Social After Services</small>										Marshallese First Assembly of God			
	Indicates this is a St. Jude's Function														

AA = Alcoholics Anonymous
NA = Narcotics Anonymous

St. Jude's Weekly Schedule

www.stjudeshawaii.org



The Art of Growing Gracefully



Ginger enjoys birthday fun.

Richard and Cordelia celebrated their 57th wedding anniversary in January.

Cynn timer celebrated her 80th birthday.

And Isabelle prepared to celebrate her 97th birthday.

Congratulations!!





38 minutes of ballistic missile threat

A PRETTY GOOD DAY

By Cindy Cutts, editor in chief

January 13, 2018 - I still can't believe it happened. Receiving an official warning of a ballistic missile headed toward Hawaii was impossible to ignore.

It was a typical Big Island sunshine morning, eating breakfast on the lanai with Jerry, looking out at the cobalt blue Pacific. We were chatting about our plans for the day when both our cell phones began to screech and a Civil Defense audio message played, "Emergency Alert! Ballistic missile threat inbound to Hawaii. Seek immediate shelter. This is not a drill." Jerry's iPad suddenly repeated the message and it was also on our phones as text and email messages.

"This can't be real," Jerry said. "North Korea is in peace talks. They've even agreed to send athletes to the Olympics."

"Well, we can't ignore it," I said. "But don't we have military to intercept those things? Where are they?"

We went into the house, and as I closed the windows, Jerry turned the TV on to a local Hawaii news channel. I started searching the internet. There was no information about impending disaster. In fact the local news station was showing a basketball game, with a ticker running at the bottom of the screen playing the same message that appeared on our phone. Eventually the ticker included audio instructions about sheltering indoors away from windows, etc.

I couldn't just sit there and do nothing. I got up and walked into our bedroom. "Lord," I prayed, as I sat down on the bed, "I'm ready if you're ready. But please watch over us. Protect us."

I started to send a text message to our four



grown children, all living in California, but I stopped. The kids knew how much we loved them, and how could I tell them that their parents might perish in a nuclear blast within minutes?

My heart was racing and I felt a little numb, but I got up and began plugging in all our battery charged devices. Then I grabbed the empty water containers I had collected for hurricane prep and began filling them at the kitchen sink. I knew that if anything bad happened, we would probably experience a loss of electrical power.

Jerry walked up behind me and hugged me, "Honey, I really don't think this is real. We would have heard more instructions by now."

"I hope you're right," I sighed, rinsing out an empty cranberry juice bottle.

"But I'm going to get dressed," Jerry said, still in his pajamas. "If there's going to be a nuclear explosion, I think I should have some pants on."

I giggled, pushing a piece of panic down. "Good idea," I replied with a shaky breath. I cleaned up the breakfast mess and started the dishwasher. If I was going to die, it would be with a clean kitchen.

See "Missile," continued on page 25

Tow Trucks play critical role in saving lives

From a Facebook post, from Frank Rice, a local tow truck driver.

I worked this accident tonight and when I got the call was told to expedite because the driver was pinned.



Knowing that my getting there quickly may save his life I was driving as quickly and safely as possible. I had all lights flashing hoping folks would kindly allow me to pass and several would not. People are not required by law to pull over for tow trucks like police, fire, and ambulance but please keep in mind that our assistance may be required on scene to assist EMS workers to stabilize an accident vehicle or lift it off of the person badly injured.

As I said it could potentially save a life so please pull over if it's obvious we are trying to pass. Mahalo.

Can my OV peeps please help me to share this to our Big Island groups?

Editor's note: *Tow truck drivers play a critical role in traffic safety. Give them a break, and pull over*

And thank you Frank, for the dangerous work you do in Ka'u.

Missile

Continued from page 24

It had been a half hour since the first squawking message of disaster, with no further Civil Defense messages. It seemed much longer. But my pulse wasn't racing so fast anymore and a calm had settled into my heart. A silent mantra of "Lord, protect us," echoed in my mind as I tucked the filled water jugs in the pantry.

Another five minutes passed. Jerry was still convinced we were not in real danger, but he did agree not to go outside for now. Instead, he went back to his iPad and the TV searching for something from the Department of Defense, Hickam Air Force Base or the Governor's office. He found nothing. I checked social media to find a Twitter feed from Congresswoman Tulsi Gabbard, who tweeted the alarm was false.

"Tulsi says it's false," I told Jerry, feeling my blood pressure drop.

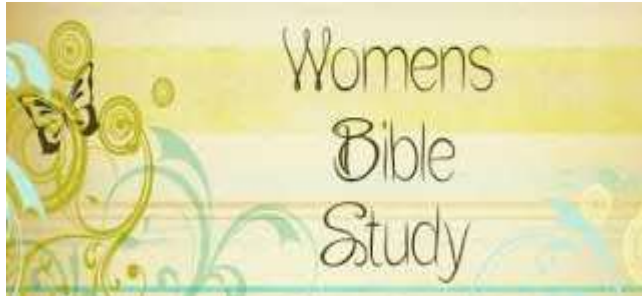
Then a second message beeped on our phones from Civil Defense, "False alarm."

Jerry closed his iPad, hopped up and said, "Good, I need to water my plants," and he went out to the garden. I need a bit more time to debrief. I opened the windows and sat down at the lanai table, giving thanks to God that the crisis was over.

That night I felt a little proud of myself. After spending 38 minutes waiting for an imminent nuclear blast, I had a list of accomplishments:

- 1. I remembered to pray before I did anything else.**
- 2. I faced fear squarely and kicked butt! No panic just a really clean kitchen.**
- 3. Jerry and I confirmed that marriage detail about, "Til death do we part."**
- 4. I saw God answer my prayers.**

It was a tense and scary 38 minutes from screeching phone to a Twitter tweet telling us to stand down. It still puts a chill in my heart to think about it. But by end of day, I had heard from all four of my kids, my mom, my sister and a lot of good friends. Overall it was a pretty good day.



**Fridays at 9:00 a.m.
McKinney Place**



Lemonade Party

February 3, 9 a.m. to 11 a.m.

**Monthly Church Clean up
Followed by lemonade & hot dogs.
*Many hands make light work.***

Talk Story

A monthly news magazine published by St. Jude's Episcopal Church
in Ocean View, Hawaii.

P.O. Box 6026 ~ 92-8606 Paradise Circle ~ Ocean View, Hawai'i 96737 ~ (808) 939-7555

Email : StJudeHawaii@bak.rr.com or cynthiaanncutts@gmail.com

Previous *Talk Story* editions available on our website at www.stjudeshawaii.org

Publisher: St. Jude's Episcopal Church **Production Manager:** Richard Burt

Editor-in-chief: Cindy Cutts ~ **Contributing Editor** Don Hatch

Photographer: Don Hatch, Cindy Cutts,

Columnists & Contributors: Don Hatch, Thom White, Cindy Cutts

Buffy Hites, Ray Hatch, Karen Pucci, Greg Guithues

Proofreader & Fact Checker: Beverly Nelson, Cordelia Burt, Cynn timer Salley

We welcome submissions!

Submission Guidelines: 500 words maximum.

Uplifting, informational and reflective stories poems,
recipes, photos, memories, etc.

For more guideline details visit www.stjudeshawaii.org



Photos must be submitted as jpgs & emailed as attachments.

Submit via email to: cynthiaanncutts@gmail.com

Deadline for newsletter submissions is the 20th of each month.

Authors retain copyrights to submissions

Mistakes happen ... If you find a typo or tiny error in this publication, please do not report it. *We don't want to know.*